



Winterlaufserie 2015 / 3.Lauf  
Creuzburg / 29.03.2015

Detailed evaluation

ernst, beate

Club: Sonntagsläufer Tambach-Dietharz  
Number: 175

Course: 5.50 km  
Kurzdistanz

Category:  
Seniorinnen W50 (50-54 Jahre)

Total time: 24:10

Speed: 12.41 km/h  
Running performance: 4:23 min/km

Rank in course/Total: 23 (of 100)

Rank in course/Women: 1 (of 26)

Best time in course: 24:10

Rank in category: 1(of 4)

Best time in the category: 24:10